

# RESTORE THE CORE

## MAT-BASED PILATES



### Program Goal:

Strengthen your core and lose your low belly sag with this intensive mat based pilates class incorporating flat bands and pilates balls.

**No impact. No cardio. All core.**

more info on class @ front desk

**\$60 Equipment Fee**  
**(paid to instructor)**  
**includes: exercise tube,**  
**band, 2 exercise balls**  
**w/ pump, water**  
**bottle, and bag**

**\$60/month**

**Classes start Sept 1st**  
**Thursdays: 7pm - 8pm**  
**Saturdays: 10am - 11am**